



If you are hiking the Split Rock River Loop it's worth the trip into the park to view the lighthouse from the shoreline trail.

Greetings!

The posts on the SHT Facebook page [Superior Hiking Trail Group](#) suggest that lots of you have been out making tracks along the SHT this winter. This page was started by SHTA volunteers and is a great place to share trail experiences, post photos, and get advice from other SHT hikers. The Association maintains its own Facebook page, [Superior Hiking Trail Association](#) to provide trail and event information. We've also been expanding our social media presence and you can now follow us on Twitter @SHTHike, or tag your photos on Instagram #superiorhikingtrail.

Winter trail conditions will vary according to the trail segment.

- Snow amounts range from 6-36 inches of snow.
- Popular trail segments including those in Duluth or in the state parks may be hard-packed. Snowshoes may not be needed but ice traction devices are a good idea especially as temperatures warm during the day and freeze overnight.
- You will need snowshoes In the backcountry where snow depths are greater. In some areas winter storms have left frozen droopy brush over the trail making it slow going.
- Here's a link to the [MN DNR Snow Depth Map](#) which is updated every Thursday.
- Check the [SHTA Conditions](#) page for a list of plowed trailhead parking lots, route detours and other trail current trail conditions.



Striding along the trail on the February snowshoe hike.
Photo by Steve Coz.

[Guided Snowshoe Hike](#)

Saturday, March 5th 10:00 AM

Kingsbury Creek to Grand Avenue Chalet at Spirit Mountain

2.7 miles total.

Snowshoe along Knowlton Creek, through mixed forest, and past rock outcrops

with views of St. Louis Bay. Bring your own snowshoes.

Meet at Grand Avenue Chalet: 8551 Grand Ave., Duluth. From south, take I-35 Cody St. Exit #251A. Continue on Cody St. for 0.3 miles. Turn right on N. 63rd Ave. W. and go 0.6 miles. Turn right on Grand Ave. and go 1.8 miles to chalet parking lot on right. From north, take I-35 Grand Ave. Exit #251B. Continue on Grand Ave. for 2 miles to chalet parking lot on right.

[Visit the SHTA website for the 2016 schedule of Guided Hikes](#)

Superior Hiking Trail Association Celebrates 30 Years of the Superior Hiking Trail!

In 1986 an ambitious plan to construct a long-distance footpath in northern Minnesota began to take shape. Modeled after the Appalachian Trail and other long trails, the Superior Hiking Trail would follow the ridgeline overlooking Lake Superior's North Shore from Duluth, Minnesota to the Canadian Border. This year, on the 30th anniversary of its incorporation, the Superior Hiking Trail Association will celebrate with a variety of activities and events including the construction of the final section of trail. Here's a sampling from our plan; you'll hear more about it in upcoming months.

Hike Fest May 13-15, 2016 - At our annual springtime hike event we'll take time to mark our 30th year with a special photo opportunity banner, cake, and the SHT T-Shirt Style Show! Don't miss this fun weekend filled with awesome hikes on the SHT, exciting presentations, good food and great friends. Registration will open in mid-March.

30 for 30 - Throughout its existence volunteers have helped to build and maintain the SHT. The *30 for 30* program encourages volunteers of all skills and experience to contribute 30 hours of volunteer work to help celebrate the 30th year of this wonderful trail! All volunteer hours are appreciated, but volunteers who complete at least 30 hours of work on the trail this year will receive an SHT poster as a thank you gift!

Re-launch of the SHTA website at www.shta.org - With a new mobile friendly design, the website will feature interactive trail descriptions and maps, social media feeds, an improved membership and shopping experience, and a blog.

Memorable Hikes - On National Trails Day, June 4th there will be treats for all hikers and a long and short hike on the trail near Finland. On October 8th there will be a guided hike from Oberg Mountain to Britton Peak on the first SHT section opened to hikers in 1987.



Along the first SHT trail section - Leveaux Mountain taken from Oberg Mountain

From the SHTA Board President . . .

Isn't the SHT glorious this time of year! Such a different experience from summer hiking and camping - the colors, the sounds, the views! Wow!

In the past, I mentioned how the Trail Committee is like the 'heart' of the organization and the Public Affairs Committee is like the 'soul'. There is one more standing committee and that is the Finance Committee - the 'life blood' of SHTA. This committee is responsible for budget oversight, management of the SHTA Foundation and generally attending to the business operations, regulations and processes for the organization. The whole SHTA Board carries fiduciary responsibility, but the Finance Committee provides the platform upon which the other committees perform. Together, these committees share the mission of SHTA as they work on the strategic goals that ensure the SHTA will continue to exist for future generations.

Being on the Board of the SHTA is exciting, challenging and rewarding. It's a chance to be part of something bigger than oneself. We are looking for new Board members right now - Please consider the opportunity.

This will be my last letter, as I will be completing my term as President and Board Member in May 2016. It's been an extraordinary experience and I am both humbled and proud that I was able to serve SHTA and all of you.

Remember . . .

'Wonders surround us in the beauty of the land . . .
stay as long as you can.

Kathleen

REI Event - Get Ready to Backpack with Osprey, Gregory, and Deuter

Become one with your pack! Come to REI's Bloomington location for a free custom pack fit session with the experts and enter to win one of this year's best packs! SHTA staff and volunteers will be there to talk about backpacking on the Superior Hiking Trail, and to promote membership and upcoming volunteer opportunities.



A good fit = good times on the trail!

March 19 and March 20 - 12:00 PM - 5:00 PM

- Expert pack fitters and knowledgeable gearheads from REI, Osprey, Gregory and Deuter will be on-site to help you try on the newest line of backpacks and get you set up for all of your on-trail adventures.
- Check out the newest gear and taste some delicious backpacking food from Mountain House and ProBar.
- Already own a pack? Looking for a better fit, or to reduce pressure points? Bring it to this event!
- A special gift will be given to all who come to get fit for a backpack (while supplies last).
- At the event enter a sweepstakes for a chance to win a backpack. One men's and one women's pack from each brand will be given away.
- Drop-in, no event registration required.

REI - Bloomington
750 W American Blvd
Bloomington, MN 55420
No registration required

Upcoming Dates: Put these on your Calendar!

February 23 - Hiking the SHT - 6:30 PM presentation by Kim Fishburn at Midwest Mountaineering, Minneapolis MN

February 26 - Deadline for SHTA Board applications

March 5 - Guided Snowshoe Hike 10:00 AM
Kingsbury Creek to Grand Avenue Chalet at Spirit Mountain - 2.7 miles.

March 17 - Hiking the SHT - 6:30 PM presentation by Kim Fishburn at Midwest Mountaineering, Minneapolis MN

March 19 and 20 - REI Get Ready to Backpack Event 12:00 PM - 5:00 PM at REI, Bloomington MN

March 24 - Long Distance Hiking -27 Day Solo Trek on the SHT - 6:30 presentation by Karen Amundsen at Midwest Mountaineering, Minneapolis MN

April 22-24 - Spring Outdoor Expo, Midwest Mountaineering

May 13-15 - SHTA Hike Fest, Wolf Ridge Environmental Learning Center, Finland MN

The Superior Hiking Trail is built, maintained, and supported by volunteers.

- Donate or become a member [online](#) or by calling the SHTA office at 218-834-2700.
- Volunteer for a project or campsite.
- Help us find others like you -- share this message with your friends and family.

| EMAIL hike@shta.org | PHONE 218-834-2700 | WEBSITE shta.org

STAY CONNECTED:



